



**We all make decisions,
but not everyone
has a system.**

A Dynamic 45-minute experience for Students

What's the Anatoliah Experience?

The Anatoliah Experience is a structured and interactive 45-minute student session designed to help students understand how focus, self-talk, and emotions directly shape their decisions.

Through guided reflection and intentional participation, students learn a simple decision-making framework that strengthens school culture through disciplined thinking and personal accountability.

What Students Will Learn

1. **How daily inputs shape focus**
2. **How focus shapes self-talk**
3. **How internal dialogue triggers emotions**
4. **A simple, repeatable decision-making framework**

Format & Logistics?

- *Capacity: Classroom-size or grade-level assembly*
- *Materials: Pencil + guided reflection worksheet*
- *AV Needs: Microphone (if needed)*
- *When: Before, during or after school (Saturdays and evenings now available)*
- *Investment: Rates start at \$599, per session.*

Material:

Each student receives a structured 8.5x11 reflection worksheet designed to reinforce The Anatoliah Decision System long after the experience ends.



THE EXPERIENCE

How My Focus, Self-Talk, and Emotions Shape My Decisions

Student Name: _____ **Date:** ____/____/____

INTRO: THE ANATOLIAH STORY

- ◇ In what country will you find the original town of Anatolia?
- ◇ What was discovered there from 8,000 years ago?
- ◇ How The Anatoliah Experience began.

TOPIC: MAKE BETTER DECISIONS

1. Focus on what really matters.
2. Watch how you talk to yourself.
3. Control your emotions before they control you.



THE "OWN THE MIRROR" CHALLENGE!

- Where did my focus mainly go to today?
- What kind of self-talk did it create?
- What emotions did that create?
- What decision did I make because of it?

DID I COMPLETE THE CHALLENGE TODAY?				
Monday	Tuesday	Wednesday	Thursday	Friday
Yes / No	Yes / No	Yes / No	Yes / No	Yes / No



About the Founder

Mike Fana studied Business at Berklee College of Music and was the first in his family to attend college in the US. Through his own journey, Mike understands firsthand the power of focus and making better decisions.

Since 2012, he has worked with thousands of students nationwide, leading structured conversations on emotionally intelligent decision-making – living out his mission to inspire students across America.

"Students expressed how much they enjoyed the presentation and asked if they could have Mike back. As a building principal, this is something that I rarely see."

- Principal Christopher Tebo,
Somersworth High School, New Hampshire

"Mr. Fana's notable strength is in his capacity to convey complex ideas in a relatable and accessible manner."

- Principal Alfaye Floyd,
Robinswood Middle School, OCPS, Florida



To Learn More to Bring Anatoliah to Your School:

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